

# THE COLONNADE

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gcsucolonade.com

## Renovations make Ina Dillard more accessible

**Sydney Saxon**  
Staff Writer

Over the summer, renovations were made to the exterior entrance of the Ina Dillard Library facing the Arts and Science building to make it more accessible for students. The two steps leading up to the doors were removed and replaced with a concrete sidewalk, and the parking spaces next to the library were also removed.

According to David Anderson, director of the Student Disability Resource Center, these changes have been in the works since 2013 but were lower on the priority list since there was a small ramp that still made the entrance accessible. They also were waiting until funding was available.

"The original design is from the early 2000's," said Michael Rickenbaker, university architect. "If you were using a wheelchair, you'd notice the steps and have to find an alternative route by using the ramp off to the side. This wasn't very user-friendly."

Now, it's just a sidewalk that connects the entrance of the library to the main walkway.

"The idea that you have to show monumentality by having those two steps is not monumental at all," Rickenbaker said.

The parking spaces next to the library were removed as well because they were more dangerous than helpful. These spaces were ADA spaces, or in compliance with the Americans With Disabilities Act.

"During class change, we have way too

many students in the area for cars to be backing in and out," Rickenbaker said. "Working with David Anderson and the state ADA Coordinator, we decided it was extremely dangerous, and the spaces needed to be removed."

There are ADA spaces on the other side of the street and other places on campus to make up for these spaces being removed.

Making the GC campus more accessible is very important to Anderson.

"One of the things we pride ourselves on is that we're an old, historic university, but we're doing really good work to make these buildings that have been here way longer than us accessible for all students," Anderson said.

These changes did not go unnoticed by students on campus, particularly those that it previously negatively affected.

"When I found out that the steps were going to be replaced, my eyes lit up," said junior Oliver Carnazzo, an exercise science major, who uses a wheelchair to get around campus. "Few people get as excited about flat sidewalks as I do. When I enter and exit the library now, I feel powerful. I feel equal because I can use the same sidewalk everyone else does. It removes some of the little inconveniences that plague me every day."

Plans are in place to make changes to other buildings on campus. As Terrell Hall is being renovated, Disability Services is planning out how to make the building accessible.



Emily Bryant / Photo Editor

The library now has a flat entrance instead of steps to the door.



Emily Bryant / Photo Editor

The walkway to the library no longer has parking spots.

## GC housing cost: 6th highest for GA public colleges

**Brendan Borders**  
Staff Writer

GC has the sixth highest housing rate out of the 25 schools in the University System of Georgia for the 2018-19 year.

A student living in a four-person suite on central campus will pay \$3,425 per semester and \$6,850 per year. Should a student stay on West Campus as a freshman in a four-person apartment, they will pay \$4,555 for six months and \$9,110 per year.

"When we look at GC as far as how we price ourselves, I have never desired to be the cheapest," said Larry Christenson, the executive director of housing at GC. "It's the same analogy of asking if you want the cheapest car? Well, no. Do you want the Lamborghini? Well, no. Most people want something somewhere in the middle. We have always under my leadership looked at that 75th mark as where we want to price ourselves."

At the University of Georgia, staying in Busbee Hall with four bedrooms and two baths like at GC, a student will pay \$3,371 per semester and \$6,742 per year, \$108 less per year than GC.

Much like a family business, GC university housing functions similarly. Every four to eight years, a roof on a dorm needs replacement. Christenson said that the cost of each roof replaced is around \$250,000.

"This summer out at The Village, we knew we needed to start doing some work out there, so we did three roofs, well over a million dollars, and we replaced all of the air conditioning units in 1, 2 and 3," Christenson said.

However, staying in a four bedroom, two bathroom suite at the Bellamy, an apartment complex near campus, a student will pay \$3,330 for six months and \$6,660 per year.

"Some students will look at that [housing price] and say, 'Yeah, I can be cheaper off-campus,' and I will never argue that not to be true," Christenson said. "The off-campus price is always lower. They don't have a full-time plumber, a full-time electrician, a maintenance person, 24/7 cops, buses running, which is not part of the residence halls but part of our budget. It's all those kinds of things that have added cost that they don't have."

Christenson said that GC has changed quite dramatically over the years, especially in the time from Dr. Rosemary DePaolo, the president of GC from 1997-2003. Part of GC's initiatives were to

revamp the dorms on campus, which followed included the demolition of the former Napier, Adams and Wells halls.

In their place, brand-new dorms were built under the same names, and Parkhurst and Foundation halls were added in February of 2003. During this administration housing quickly moved away from linoleum floors, hard mattresses and communal bathrooms, to suite-style living today.

Sophomore Jessica Gratigny, a mass communication student, lives in a single suite in Foundation Hall. She shares a bathroom with her suitemate and pays \$3,513 per semester and \$7,026 per year.

"This is my second year living here [in Foundation]," Gratigny said. "With that price it includes water, electricity, internet, and it is pretty safe here, but I guess the only disadvantage is that people who live in apartments off-campus have more room with a kitchen and patio. Another advantage is that it is close to campus. Like I know some people have to drive or take a bus, like if they live at Arcadia."

One part of the dorms students often wonder about is how full the dorms actually are. Mark Craddock, the associate director of operations explained that at the beginning of the semester, the residence halls are around 95 percent full, but because students drop out or because of

financial reasons, the vacancy number slowly increases.

"We have less than 20 open spots," Craddock said. "We had several upper-class students cancel their contracts within 10 days of move in, and then there's no time to fill them."

The numbers listed for housing follow a 3 percent increase from the original price of \$3,325 in the 2017-18 year. The reason for this is because of a law in the state of Georgia about buildings on campus, that are not for educational purposes, have to sustain themselves financially.

When building a residence hall, University Housing has to borrow money from a private organization within the GC Alumni Association. That organization puts up the needed money to build, and each year University Housing reimburses the organization. However, because of interest on the money given, each year the price raises 3 percent.

"This is a model that is common through the state of Georgia because we cannot go to the state legislature and say, 'We'd like to take out a loan,'" Christenson said. "They'll say if it isn't for academic purposes, you have to find another way to model it."

### NEWS



#### BOOKS AND BEES

Learn about new director of the creative writing department professor John Sirmans.

### SPORTS



#### ARGENTINE GOLFER RETURNS

Matias Chiappero comes back to the United States from Argentina to play golf for GC.

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### ARTS & LIFE



#### DINNER IS SERVED

Brighton Sandt shows us how to make his fettuccini Alfredo.

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## NEWS

# CFA now accepts meal equivalency swipes

**Lindsay Stevens**  
News Editor

GC is now offering late-night meal swipes at Chick-fil-A and Subway in the Bobcat Food Court after years of suggestions from student surveys.

Now students with a meal plan can go to Chick-fil-A after the MAX has closed and use a once-daily meal equivalency swipe.

The equivalency swipe is also valid at Chick-fil-A and at Books & Brew in the library. However, students can only use one meal equivalency swipe per day.

"Students think they have one swipe per meal period, and that is not a true statement," said Greg Brown, director of auxiliary services. "It is only one swipe per day. So we offer meal equivalency in the morning and at lunch at Books and Brew. So if you wanted breakfast there or [at] The Lunch Box grab-and-go, and you use your meal equivalency swipe there, you won't have it available at Chick-fil-A that evening after the MAX closes."

The meal equivalency swipe is set up to equal approximately \$6.85, which is the price of any Chick-fil-A sandwich, fries and drink.

"So if you get a spicy chicken sandwich, a fry and a drink, the meal equivalency will cover it," Brown said. "As long as a salad is \$6.85, it will cover that as well."

The idea was brought to GC's attention after years of student survey responses asking for a late night meal option, since the dining hall closes at 7:30.

"[Students are] like wait I'm hungry at 9, or class gets out late," Brown said. "We didn't want to do a meal equivalency at the MAX because it gets old, and we [would] have to keep it open. So we offered meal equivalency at Chick-fil-A



Caroline Duckworth / Copy Editor

Students wait in a twisting line at 9 p.m. to use their meal equivalency swipes

after the MAX closes."

The new meal equivalency swipes also includes Subway; however, since the equivalency swipe will only pay for \$6.85 of the sandwich, if there is an amount still due, the student pays the difference.

"I think that it's good, but I also feel that we should also be able to swipe when the MAX is open," said freshman Ashlyn Brady, an undecided major.

Upperclassmen also like this meal plan, however it doesn't make them feel the need to purchase a meal plan.

"It's fye," said junior Sam Martin, a psychology major. "It doesn't make me want to go buy a whole meal plan, but that's nice for the freshman and upperclassmen who buy meal plans."

Additionally, GC has gotten rid of Cat-Cash being included in a meal plan. Now students will have to add CatCash manually to their card through one of the several machines on campus or online.

"[Removing the inclusion of CatCash] reduced the cost of the meal plan and was done purposefully because some students like having CatCash, and other students said, 'I do not need all of that CatCash,'" Brown said. "So now we are saying, 'Here is your meal plan that is just for meals.' You get to determine how much CatCash you may or may not use, and you can put that on your card still."



Emily Bryant / Photo Editor

Students paying for their meals using meal equivalency swipes



Emily Bryant / Photo Editor

A Chick-fil-a employee makes fries for hungry GC students.

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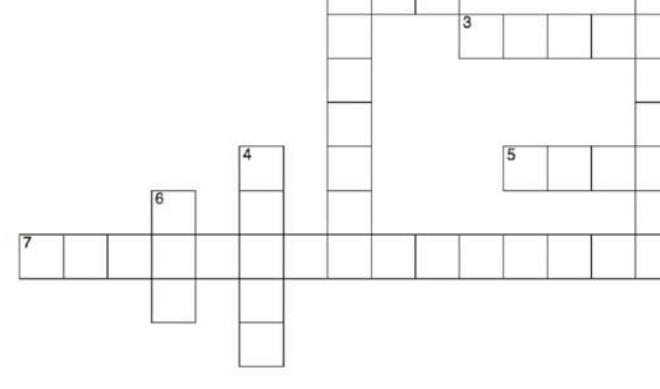


The Colonnade

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Bring in your completed crossword on page 8 to the Colonnade office in MSU 128 on Monday, Sept. 10 for a chance to win a Blackbird Coffee giftcard.



See page 8 for the crossword!

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### CORRECTIONS

*In the Aug. 29 issue, there were two photos misattributed. The baseball photo with Brandon Benson and Logan Mattix was courtesy of GC Athletics. The rugby photo on the bottom right of page 5 was courtesy of Lily Starnes, assistant sports editor.*

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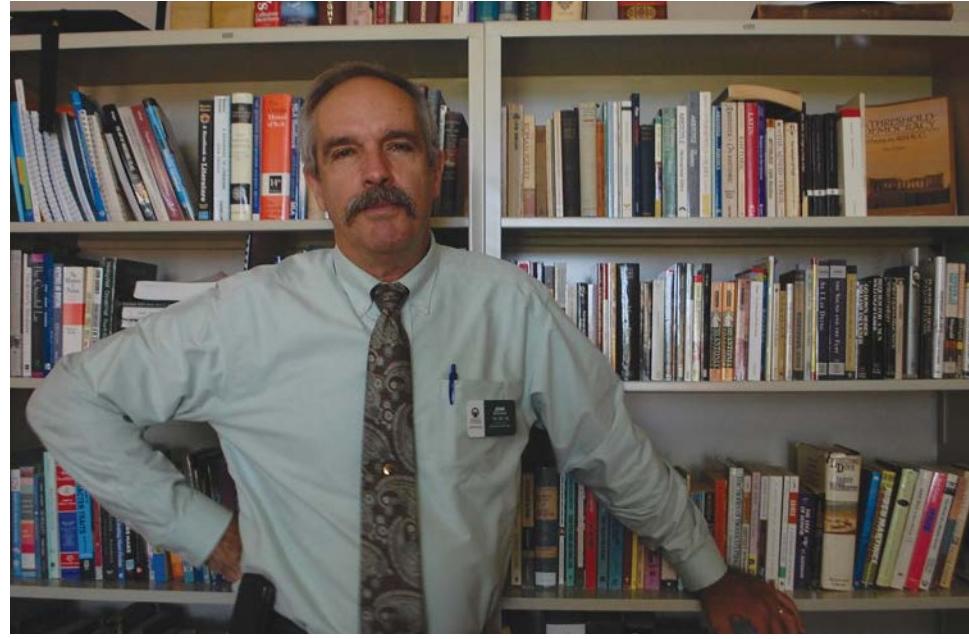
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9.06.2018

LINDSAY STEVENS, NEWS EDITOR  
AMY LYNN MCDONALD, ASST. NEWS EDITOR

## NEWS

# John Sirmans raises writers and bees



Emily Bryant / Photo Editor

Sirmans encourages students to become better wordsmiths.

"I have an obligation to students," Sirmans said, "and I want to make sure there's no bump in the road for them."

This semester, Sirmans is stepping into his new role as creative writing coordinator and serving as the interim English department co-chair with colleague Alex Blazer.

"At the basic level, both programs essentially analyze language," Sirmans said. "The creative writing program creates literature, while the literature program studies what has been written."

Sirmans plans to mix creative writing and literature classes within the courses of study, so no matter a student's concentration, he or she will leave GC skilled in both analyzing works and crafting their own.

Erica Garner, an English major with a creative writing concentration, said she is relieved by the changes. While she loves the program, she said she wishes that creative writing students were offered more courses in that specialty.

Blazer said he plans to unify the programs through a party with faculty and graduate students.

"Ultimately, we want to make sure that everyone feels that they are a part of the same department and are working for the same goals," Blazer said.

"We're all one English department."

Sirmans and Blazer are happy to tackle their administrative duties together. However, they are still searching for a permanent chair for the English department for the next school year.

"Our faculty members are very talented and dedicated, and I'm honored to be

in a position to offer them support," Sirmans said.

When Sirmans isn't teaching students, meeting with colleagues or critiquing writing samples, he is with his bees.

A few years ago, his wife Claire Sirmans read a magazine article about the benefits of a bee farm. The Sirmans were excited to start bee farming, and soon enough, they ordered a hive.

"Claire is the official beekeeper and is certified from the UGA Beekeeping Institute," Sirmans explained.

Their newfound passion has brought them to Georgia Beekeeping institutions as well as beekeeping clubs like the Heart of Georgia Beekeepers.

Just as John Sirmans works to improve the lives and careers of his students, being a part of the beekeeping community and instructional programs allows him and his wife to 'talk hive' with other beekeepers and improve the lives of their hives by learning from the experiences of others.

Now, the Sirmans have sixteen beehives. For them, beekeeping goes far beyond the honey.

"You soon learn that you're not doing it for the honey; that's more like a bonus," Sirmans said. "You're working with little creatures, and you contribute to the environment."

According to the BBC, without bees acting as pollinators, plant life in temperate ecosystems would begin to fail.

Sirmans is making a lasting impact on the local environment and his students.

He left an impact on Garner, who took Sirmans' intermediate fiction class.

"The way he constructively critiques your work and treated students was amazing," Garner said.

She said she is thrilled that Sirmans and Blazer are the interim co-chairs of the creative writing and literature programs and is eager for the positive changes that they will bring this year.

"I think professor Sirmans is one of the best people for the job," Garner said. "He's a great people-person and has amazing communication skills with students. He will do everything in his power to help you, which is an amazing quality."

If bees could talk, they would probably agree.



Emily Bryant / Photo Editor

Sirmans reviews administrative tasks within the department.

## THIS WEEK IN GC HISTORY

SEP. 6

THE FIRST COMPUTER ARRIVED AT GC. IT WAS A UNIVAC 9200-II WITH 8 TO 32 KB OF STORAGE. NOT EVEN ENOUGH MEMORY TO HOLD A SONG OR PHOTOGRAPH FROM A MODERN SMARTPHONE!

SEPT 1,  
1970

TEACHING CLASSES OPENED FOR THOSE ELIGIBLE FOR AID FROM THE NEW DEAL PROGRAM FERA, DESIGNED TO GIVE MONEY TO EDUCATE AND EMPLOY THE WORKFORCE. THESE TEACHERS WOULD GO ON TO WORK ACROSS THE STATE. GC OVERCAME THE DEPRESSION!

SEPT 3,  
1936

A SPRING GRADUATE OF GEORGIA STATE COLLEGE FOR WOMEN, MARY LONNIE DIXON, STARTED CLASSES AT EMORY, WHERE SHE WAS THE ONLY FEMALE IN HER CHEMISTRY CLASS. AN ALUM BREAKING GLASS CEILINGS! Rachael Alesia / Graphic Designer

SEPT.  
5, 1946

9.06.2018

ALEX JONES, SPORTS EDITOR  
LILY STARNES, ASSISTANT SPORTS EDITOR

## SPORTS

# Argentine golfer Googles his way to Mill

*Courtesy of GC Communications*

Matias Chiappero reads the green and lines up his putt before taking his next stroke at a tournament last year.

**Maggie Waldmann**  
*Staff Writer*

Matias Chiappero left behind his hometown in Argentina to join GC's men's golf team as a redshirt freshman in 2015. Now in his senior year, Chiappero is highly regarded by his coach and teammates as an outstanding example of a student-athlete and overcomer of adversity.

Born in Paraná, Chiappero moved to Rafaela at four years old and grew up playing tennis and soccer. It was not until 16 years old when Chiappero branched over to a small local golf course, where he quickly fell in love with the sport, unknowingly on the edge of a huge turning point in his life.

Playing in a tournament, Chiappero was approached by a player from UGA men's golf team, who told him he should

come to the U.S. and get a degree while playing college golf.

"I had never considered it," Chiappero said. "It was never an option to me, and I didn't know anybody to ever do it before me. After the tournament I went home and started Googling stuff. I knew nothing about D2, D1, the whole NCAA thing."

With his family in full support, Chiappero moved to the U.S. and began his life as a student-athlete at GC, where he was tasked with balancing a position on the golf team while earning a degree in business administration and accounting.

Head coach of GC's men's golf team Patrick Garrett leads his team with high standards for the duality of being a student-athlete.

"I think with our academic standards here, our guys have to be better at their time management, if we're going to be successful," Garrett said.

Chiappero's 3.6 GPA speaks for itself, reflecting not only his hard-working nature on the course but his humble

gratitude for the rare opportunity he's been given.

"The fact that I'm here is pretty huge," Chiappero said. "I was in the newspaper when I came [back] for the first time [to] my city; that's how big of a deal it is back home. Being here is an honor in itself for me."

Chiappero faced an unexpected setback with his health last year when he got sick in Argentina over winter break, forcing him to miss the spring golf season. His absence, though short, brought a measure of difficulty to the team.

"I think it hurt us when we lost Matias last semester," Garrett said. "We were struggling with depth, and I can't say what would have been, but we definitely felt his loss."

The team members' admiration of Chiappero extends beyond their respect for him as a teammate to his role as a mentor and friend to all players.

"He's like a brother to everybody, especially an older brother to the younger

guys," said teammate Jake Minchew. "He's always going to be there for you, not chastising you but just helping you and encouraging you."

After going through rehabilitation, Chiappero is back in shape and will be playing in the upcoming fall season. The first tournament will be on Sept. 17 in South Carolina at the Kiawah Island Invitational.

"I'm really excited," Chiappero said, regarding his feelings for being back in the game. "I think it's going to be a pretty good season."

Garrett said he also has high hopes for Chiappero's return and the team's success.

"I think it's finally going to be our turning point," Garrett said.

Once he finishes his final year of school, Chiappero is planning to complete his master's degree at GC and continue his golf career as a volunteer coach for the team with Garrett.

*Courtesy of GC Communications*

Chiappero watches his drive from the tee box.

*Courtesy of Mattias Chiappero*

Chiappero scores an ace on No. 11 at The Club at Lake Sinclair.

9.06.2018

ALEX JONES, SPORTS EDITOR  
LILY STARNES, ASSISTANT SPORTS EDITOR**SPORTS****Volleyball team expects successful season**

**Keegan Casteel**  
*Staff Writer*

The GC volleyball team ended its 2017 season on a hot streak with an impressive 24-8 record overall and expects to be an even fiercer competitor in the 2018 season after placing second in the PBC preseason rankings.

Having made its first NCAA tournament appearance in school history this past year, the team will certainly be a strong force to be reckoned with as it progresses through its schedule.

"We will definitely be battling at the top this year," said head coach Gretchen Krumdieck. "Flagler College is very tough, so they're the ones we're really trying to catch, and there are also some other competitive teams trying to catch us. We will always have to be on our game and can't let a match slip away from us."

Official preseason preparations lasted two weeks beginning Aug. 6 with daily practices twice a day. Once classes started, the team reverted to early morning drills. Players worked out individually over the summer by following health plans assigned to them by a strength coach.

"They all arrived in really good shape and just played great volleyball right out of the gate," Krumdieck said. "It's very encouraging."

The team attended the NorCal Volleyball Classic in Turlock, California from Aug. 23 to 25. Competition was tough, but the team displayed an exceptional performance that helped set the precedent for the season to come.

"Being rewarded with a trip to Califor-



Courtesy of GC Communications

Members of the volleyball team celebrate after winning a point.

nia after a hard two weeks of practice was just the icing on the cake," Krumdieck said. "We played very competitively and really clicked as a team."

The Bobcats defeated top opponents Humboldt State and Sonoma State and came home 2-2.

In the upcoming season, Krumdieck and the team aspire to win the conference and host the regional tournament.

"This team is definitely talented enough to make it to the Elite Eight in Pittsburgh," Krumdieck said. "We just need to have all the pieces put together."

In addition to receiving second in the PBC preseason rankings, the team's

leading seniors, setter Kayla Brockway and middle blocker Taylor Svehla, were selected as preseason All-PBC honorees.

"It's humbling to see that I'm noticed by the whole conference, especially considering the position I play," Brockway said. "I'm not the one getting all the crazy digs or kills; I'm more of the middleman, so it's exciting to feel recognized."

This past year, Brockway also received PBC Setter of the Year and was named AVCA All-Southeast Region.

Svehla has very high hopes for the season and said she believes the team has exceptional potential.

"There are a lot of targets on our back

this year, but we're ready for the pressure," Svehla said. "We aren't a team that can just be walked all over."

Svehla is also a recipient of the D2C-CA All-Southeast Region honor and said she is excited to help lead the team.

"It's definitely about my mentality this year because it is my last season playing," Svehla said. "I just want to enjoy being around my teammates and really playing the game for the last time."

The Bobcats' first home game will be on Sept. 18 against Albany State at 6 p.m.

**GC VOLLEYBALL**

OVERALL RECORD: 24-8

RANKED 2 IN PBC PRESEASON

PRESEASON ALL-PBC: KAYLA BROCKWAY, TAYLOR SVEHLA

SEP. 22	HOME VS FLAGLER
SEP. 25	HOME VS AUGUSTA
SEP. 28	@ FRANCIS MARION
SEP. 29	@ UNC PEMBROKE
OCT. 5	HOME VS USC AIKEN
OCT. 6	HOME VS LANDER
OCT. 16	@ AUGUSTA
OCT. 19	@ FLAGLER
OCT. 26	HOME VS UNC PEMBROKE
OCT. 27	HOME VS FRANCIS MARION
	SENIOR DAY
NOV. 2	@ LANDER
NOV. 3	@ USC AIKEN

Rachael Alesia / Graphic Designer

Kayla Brockway leads the volleyball team through high fives after a match in the 2017 season.

**2017 draft pick Benson jumps 3 levels in 2018**

Ada Montgomery / Former Photo Editor

Right-handed hitting Brandon Benson prepares for an at-bat in the 2017 season.

**Steven Walters**  
*Editor-in-Chief*

One season removed from his monster 2017 season in which he led the PBC with 22 home runs and 79 RBI, Brandon Benson has moved up three levels within the St. Louis Cardinals organization.

Benson began the year in Rookie ball before moving up to Class-A short-season on July 11. The Cardinals moved him up another level to Class-A Peoria on July 29.

"I would say the level of play is a little better," Benson said about the difference between Minor League and college baseball.

Benson has also been ad-

justing to another change in the Minors. The Cardinals, who drafted Benson in the 20th round in 2017, changed his position right from the start.

"I played infield since I was probably in early grade school, and they drafted me as an outfielder, so that was a big change," Benson said.

In 51 games in 2017, the 6-foot-1, 195-pound Benson batted .256 with four home runs, nine doubles and 30 RBI.

Over two years in the Minors, the 22-year-old Benson is hitting .231 with 16 doubles, eight homers and 48 RBI in 108 games.

Benson's 2018 season with Peoria will come to a close on Sept. 7 against the Quad Cities River Bandits.



# **JOIN US FOR COLONNADE PITCH MEETINGS**

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**WHEN: MONDAYS**

**6:30 - 7 P.M.**

**WHERE: MSU 128**

## ARTS &amp; LIFE

# Dinner is Served



Emily Bryant / Photo Editor

*Brighton Sandt treats us to his fettuccine Alfredo.*

**Nick Venezia**  
Staff Writer

In the apartment of Brighton Sandt, a myriad of smells mixed together and coalesced into a miasma of Italian flavors. The dish itself was nothing too complicated: fettuccine Alfredo.

But upon seeing the ingredients neatly set up on the counter, utensils ready for use, it was immediately clear that Sandt had a passion for a culinary art that, while partially owed to the necessity of college life, is bred out of a love for well-made food.

"I knew I was about to go off to college, so I was like, 'I better learn how to make food so it tastes good, and I don't have to go to the MAX,'" Sandt said.

Sandt has been cooking for himself since high school, but even before then, he had gained experience by helping his mother prepare dishes.

"For the most part, I've learned on my own, and I do my own research for the dishes that I make," Sandt said. "But I would say my mom probably gave me a little foundation."

A mass communication major and junior, Brighton Sandt has been making food for himself the majority of his time attending GC.

"I also sometimes make the food for my roommates, especially last year," Sandt said. "They would buy the ingredients, and then I would make them dinner. Sometimes I'll make more complicated stuff, but other times I just want to make something simple like pasta with Alfredo and just share that with somebody."

As we walked into the kitchen, Sandt laid everything out in the order of his recipe and worked quickly. He dropped the pasta into a pot of boiling water and

seasoned with salt, creating a steamy atmosphere within the kitchen. Next was the butter and garlic for the sauce.

"Most of the recipes say, 'Oh, just throw the recipes into a pot and boil

them,'" Sandt said with a laugh. "I like having the base for a recipe but turning it into my own. Like for the Alfredo, putting the butter in and then the garlic, then the cream to bring all the flavors.

You get more flavor development that way."

His intuitions proved true: he knew the exact amount of butter to add, and the garlic seemed to melt away into the pan. He added the cream and cheese shortly after, the mixing of aromas rising with the steam from the bowls.

"The thing about getting the best taste, that extra bit of flavor in food, is that you have to do those extra steps to develop it," Sandt said. "And on top of that I just love food because you can share it with people so easily."

Once the pasta and the Alfredo sauce were finished, Brighton put them in a bowl and mixed his creation. He garnished the dish with parsley and put a fork in the bowl to finish. While the dish itself was simple on the surface, it came together wonderfully, and there was plenty to go around.

"[The] fondest memories that I've ever had were sharing a meal with friends or having a nice meal with the family," Sandt said. "I think food in the kitchen, for me, is like the heart of the home. That's where you do stuff; you do it in the kitchen."



## Fettuccine Alfredo

- 1 CUP OF HEAVY WHIPPING CREAM
- 2 CUPS OF PARMESAN CHEESE
- 1/2 CUP OF BUTTER
- 2 - 3 GARLIC CLOVES
- SALT
- PEPPER

RECIPE BY BRIGHTON SANDT  
Rachael Alesia / Graphic Designer

Scan the QR code  
to watch how Sandt  
made this dish!



## ARTS &amp; LIFE

**Need to talk? You're not alone**

Emily Bryant / Photo Editor

GC counseling services is located at the Wellness Center on West Campus.

**Eva Sheehan**  
Contributing Writer

From dealing with short term psychiatric services to anxiety disorders to solving an issue with friends to simply having someone to talk to, GC's Counseling Services provide an array of services to help students solve their problems.

"We provide individual counseling, couples counseling and group counseling to address a wide range of issues that include relationship difficulties, conflicts with roommates, but also difficulties with various forms of emotional distress," said Dr. Stephen Wilson, director of GC's counseling department. "We also offer short term psychiatric services."

The demand for these services is increasing.

"The number of students that we're seeing just continues to build throughout the semester," Wilson said.

Appointments have increased by 36 percent since last year, and 57 percent of students who come to appointments are continuing appointments from the previous year.

This increase could be due to the fact that mental health and stress in general is talked about more openly.

"25 percent of college students could be diagnosed with a mental health condition," Wilson said. "However, we only see about 10 percent of the GC student body. So there are a lot of folks who would benefit from the services that aren't seeking them."

One student who regularly attends on-campus counseling said that this gap could be due to a lack of outreach.

"They could do a better in reaching out to the student body," said a sophomore English major.\* "They could put themselves out there, try to promote more about mental

# 25%

Of college students could be diagnosed with a mental health condition

# 10%

Of the student body uses on-campus counseling services

# 36%

Increase in appointments from last year

health issues and reduce the stigma of counseling services."

However, some students say that counseling services' efforts to promote mental health awareness are effective.

Students in need of counseling services can either call or email the office. They do not need to be referred by someone else, and services are free for all students.

"I feel like [counseling] is getting more normalized," said freshman Glynn Chasser, a pre-nursing major. "People think that a lot people go for a super serious issue, but it's OK to go if you're just having a bad week or having some anxiety."

Walk-ins are welcome, but counselors will see students who are in immediate need of attention over students who are not. Counselors are on duty specifically for students in a crisis daily.

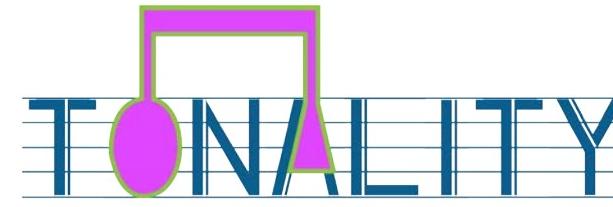
According to Wilson, the counseling department tries to facilitate a welcoming environment for students to get the help they need.

Chasser said she had a positive initial impression when she first visited counseling services.

"Even if it's not a big issue, even if you just need to talk to somebody, I recommend going," Chasser said.

Counseling services has a 24-hour call service and is open Monday through Friday from 8 a.m. to 5 p.m.

\*The student preferred that their name be omitted.



**Benjamin Monckton**  
Contributing Writer

If a music fan from 20 years ago could have a glimpse into the modern streaming culture, would they be envious of our unlimited access to music for virtually no cost, or the freedom to hear whatever song we want, whenever we want to?

We have access to a seemingly infinite catalog of music, so it is important to not let your musical discovery become commoditized by algorithms that force-feed individual tracks you may like.

You wouldn't watch one episode in the middle of a series or read one chapter of a book and expect to understand the context surrounding the body of work.

This same ideology should be applied to the way you listen to music. An artist has a concept, theme, or message in mind when creating the work, and that can only be fulfilled through a carefully crafted selection of songs, each acting as a chapter would in a novel.

A song is only a piece

of the story, a word in a sentence, a piece of the puzzle. The start-to-finish approach allows us to hear the chronological context the way the artist intended us to hear it.

Analyzing albums as a full body of work allows us to understand "Sgt. Pepper's" importance to the future of pop, or Weezer's "Pinkerton" a desperate attempt to find refuge in fame. Nine Inch Nails' "Downward Spiral" becomes all the more terrifying when you find out it was written and recorded in the home where Sharon Tate was brutally murdered by the Manson Family.

Devote yourself to the experience. Actively listen, shut out the world around you, turn off your phone, put on a good pair of headphones, close your eyes and surrender yourself to the music. As you peel back the layers surrounding each album we look at, you will develop deeper connections with music, the artist and yourself.

The purpose of this column is to review, analyze, and dissect albums. This year in Tonality, we will focus on noteworthy releases from the past and present across multiple genres.



"I would eat a really good meal and take a very long nap!"  
- Roma Kina Bracewell  
senior public health major



"Try to get a good night sleep and drink lots of water!"  
- Kameron Gordon  
sophomore psychology major



"I'm going to need to get all the sleep that I can get because I will probably be binge watching this weekend to catch up on all the Marvel movies. [I will be] coming back on Monday and sleeping after my bingeathon."  
- Jazmin Hunt  
junior music education major

Q: How do you recover from a three-day weekend?

Compiled by Ava Leone

**Across**

1 Come here at noon if you want to wait in line.

3 GC has the \_\_\_\_\_ highest residence hall price in the state.

5 Think differently, \_\_\_\_\_ creatively.

7 Our most famous alumna.

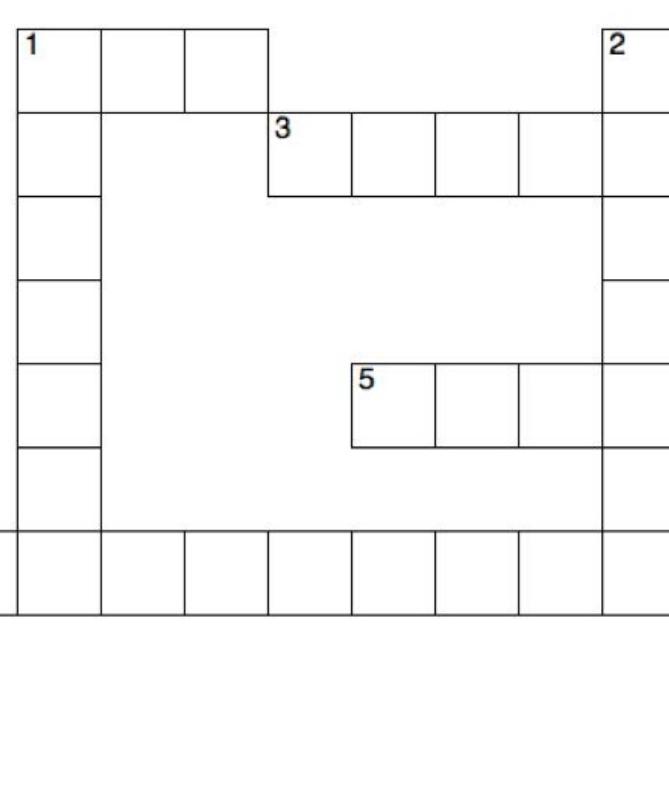
**Down**

1 Staff member who is renowned for his taco stand.

2 You'll see this furry friend at sporting events.

4 These are missing from the library.

6 Number of meal equivalency swipes students have per day.



Bring your completed crossword in for a chance to win a Blackbird Coffee giftcard! See page 2 for more details!